

FRIDAY NIGHT FACTS

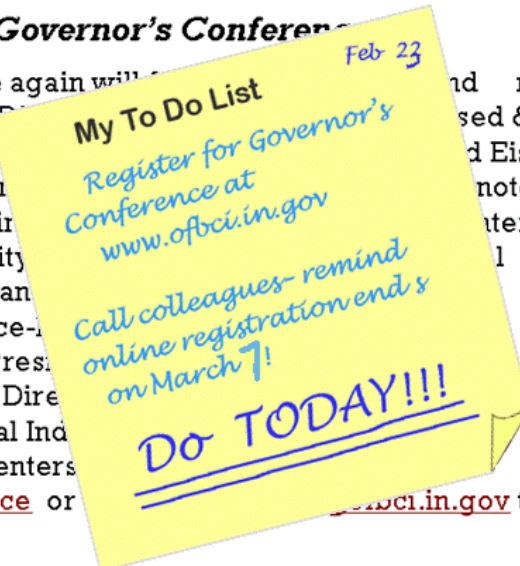
OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR
PAULA PARKER-SAWYERS, EXECUTIVE DIRECTOR

Don't miss at the 2007 Governor's Conference

This year's conference once again will feature nationally-recognized presenters. Terri Hasdorff, Director of the Office of Faith-Based & Community Initiatives for USAID will deliver the keynote address. David Eisner, CEO of the Corporation for National and Community Service will deliver the opening address. National presenters of note include: Dr. Robert L. Taylor, President of the National Learning at Temple University; Dr. James Garbarino, President of the National Crime Prevention Council, and Dr. David L. Kirsh, President of the Global Education and Service Institute. Other notable speakers include Bill Stanczkiewicz, President of the United Way of Central Indiana; Dr. Robert L. Taylor, President of the Institute, and Kim Donahue, Director of the United Way of Central Indiana. The conference will feature breakout sessions and presenters. For more information, visit www.in.gov/ofbci/conference or call 1-800-455-6262 to request a listing.



Register online now at www.in.gov/ofbci/conference!

Spirit & Place: Call for Proposals

The Spirit & Place Festival promotes civic engagement, respect for diversity, thoughtful reflection, public imagination and enduring change in local communities. Youth organizations are encouraged to submit proposals to present seminars at this year's event, "Living Generously," which will be held November 2-18, 2007. The deadline for submitting these proposals is **March 7th**. For more information, go to <http://www.spiritandplace.org>



Nominations Now Being Accepted for the Youth Service America National Youth Council

The Youth Service America National Youth Council is a prestigious group of outstanding young people, ages 14-22, from Across the US that serve as advisors to Youth Service America in its programming, direction, and evaluation. The National Youth Council serves as a catalyst for the youth service movement through national and international projects that promote youth voice, youth leadership, and youth decision-making. Youth members for the YSA Board of Directors are chosen directly from the National Youth Council. For a nomination form and to learn more, contact Daniel Hatcher at dhatcher@ysa.org (please include NYC Nomination request in the subject-line). All nomination forms are due by Friday, March 2 at 5 PM EST.



Indiana Point of Youth (POY) is a youth led, adult guided advocacy group dedicated to making safer Indiana communities. POY is made up of approximately 45 students, between 14 and 18 years of age, from throughout the state of Indiana. Peer to peer interaction is the main focus of this program, as participants will receive training that will better prepare them to educate peers and their communities about issues that are important to them. POY is a youth friendly program. They balance youth oriented trainings with fun and opportunities for peer to peer interaction. POY members must sign a pledge to

stay free of alcohol, tobacco, and other drugs. POY applications are submitted by **March 17th** of each year and can be found on the web at: <http://www.in.gov/cji/youth/poy/index.html>.

For more information, please contact Laura Coykendall, POY Program Manager at 317-234-4413 or via email at lcoykendall@cji.in.gov

Nominations now being accepted for Kohl's Kids Who Care Program

Through the Kohl's Kids Who Care Program, each year Kohl's rewards outstanding young volunteers in two age categories, 6-12 and 13-18, for their service to the community. This year, Kohl's will award nearly \$200,000 in scholarships for post-secondary education and will recognize nearly 1,500 young volunteers. In addition, Kohl's will award a \$1,000 grant to a nonprofit partner on behalf of each of the 10 national winners.

Deadline for nominations is **March 15th**.

To learn more, visit

<http://www.kohlscorporation.com/CommunityRelations/Community05.htm>



You're Invited!

The 2nd Annual House of Abraham Prayer Breakfast is scheduled for **Thursday, March 8th**, 8:30 AM, at Martin University, 2171 Avondale Place, in Indianapolis. The House of Abraham is a partnership project coordinated by Habitat for Humanity of Greater Indianapolis that celebrates the common heritage between the Jewish, Christian and Muslim faiths. If you are interested in attending, please email cwise@indyhabitat.org or call 317-921-2121 (ext 118). If you don't personally speak with Camilla, please leave your name and the number of guests attending with you on her voice mail.



Don't forget, it's time to help a mother and build a home! This year marks the 20th anniversary for Habitat for Humanity of Greater Indianapolis. In that time, they have built 311 homes in Indianapolis for low income families. On April 4th, they will begin construction on the Mother's Build. This build is a home built by mothers with donations from mothers to help a single mother and her 2 children. The home will be dedicated on May 12th (the day before Mother's Day). If you are interested in being involved with this project, please call Sheila Carlson at 317-921-2121 (ext 117), or email scarlson@indyhabitat.org or visit www.indyhabitat.org

Upcoming Training Opportunities

March 6th, 11:30 AM – 1:00 PM

Strategic Planning: How and Why

Mental Health Community Room, 914 South Street, Lafayette, IN

Fee: \$15.00/\$10.00 UW (includes lunch)

March 7th and March 28th, 9:30 AM – 4:30 PM (both days)

Beginner's Grant Writing

Corporate Square, Large Conference Room, 2901 Ohio Blvd., Terre Haute, IN

Fee: \$125 (includes lunch both days)

Tuesday, March 13th, 11:30 AM – 1:00 PM

Sponsorships: Benefits for Businesses and Nonprofits

Mental Health Community Room, 914 South Street, Lafayette, IN

Fee: \$15.00/\$10.00 UW (includes lunch)

Monday, March 19th, 11:30 AM – 1:30 PM

Strategic Planning: How and Why

Walden Inn & conference Center, 2 W. Seminary, Greencastle, IN

Fee: \$7.00 (includes lunch)

Tuesday, March 20th, 11:30 AM – 1:00 PM

The Big "Why" of Disorganization

Mental Health Community Room, 914 South Street, Lafayette, IN

Fee: \$15.00/\$10.00 (includes lunch)

Thursday, March 22nd, 10:00 AM – 11:30 AM

AT&T Grant Announcement: Soliciting RFP's from Indiana

IU Northwest Nonprofit Institute, 2nd floor Library Conference Room,
3400 Broadway, Gary, IN

Fee: Free

Thursday, March 29th, 8:30 AM – 11:30 AM

Volunteer Management

Purdue University Calumet, 200 169th Street, Hammond, IN

Cost: Free, courtesy of GRANTS, Inc.

For more information or to register for any of these opportunities,
contact Jillian Miller, United Way of Greater Lafayette, 765-742-0139

Email: inrn@glvb.org



Did you know the month of March is:

National Nutrition Month; <http://www.strength.org/>

National Women's History Month, <http://www.nwhp.org/>

National Red Cross Month; <http://www.redcross.org/index.html>

Work in Exercise without “working out”

Making fitness part of your daily routine doesn't mean you have to be confined to the gym or spend lots of money on equipment. There are many exercises you can do in the comfort of your own home — and on your own time, without exercise bikes or treadmills.

And the best part is, you can get your entire family involved. Here are just a few tips for how your family can work in exercise to your lifestyle:

Set up an obstacle course. This one is especially fun for the kids. Set up stations such as push-ups in the family room, sit-ups in the bedroom, frog jumps in the hallway. Time everyone and see if your time improves with repetition.

Buy an exercise band. This is one piece of exercise equipment that's worth every penny. This piece of strength-training equipment is portable, safe and can be used in a variety of exercises. They're also pretty cheap. Check out various resistances and types to fit your workout needs.

Dance. Can't seem to find the time for an exercise session? Turn on the radio or pop in a CD while you're making dinner. Encourage the entire family to dance around the kitchen.

Walk. There are many programs that can help you track your steps, whether they are around the house or around the neighborhood.

Want to learn more? Join local fitness experts March 27 at the Glendale Library for “Work in exercise without working out.” You'll learn how to help your family exercise without having to go to the gym. Participants will receive a free exercise band, Frisbee and pedometer.

March 27, 7 p.m.

Work in exercise without “working out”

Glendale Branch Library

6101 N. Keystone Ave, Indianapolis

Here's a side dish just in time for St. Patrick's Day that will make you want to get up and dance.

Creamy Herbed Mashed Potatoes

4 cups cubed peeled Yukon gold potato (about 2 pounds)*

1/2 cup 2% reduced-fat milk

1/4 cup low-fat sour cream

3 tablespoons butter

3 tablespoons chopped fresh chives

2 tablespoons chopped fresh parsley

1/2 teaspoon salt

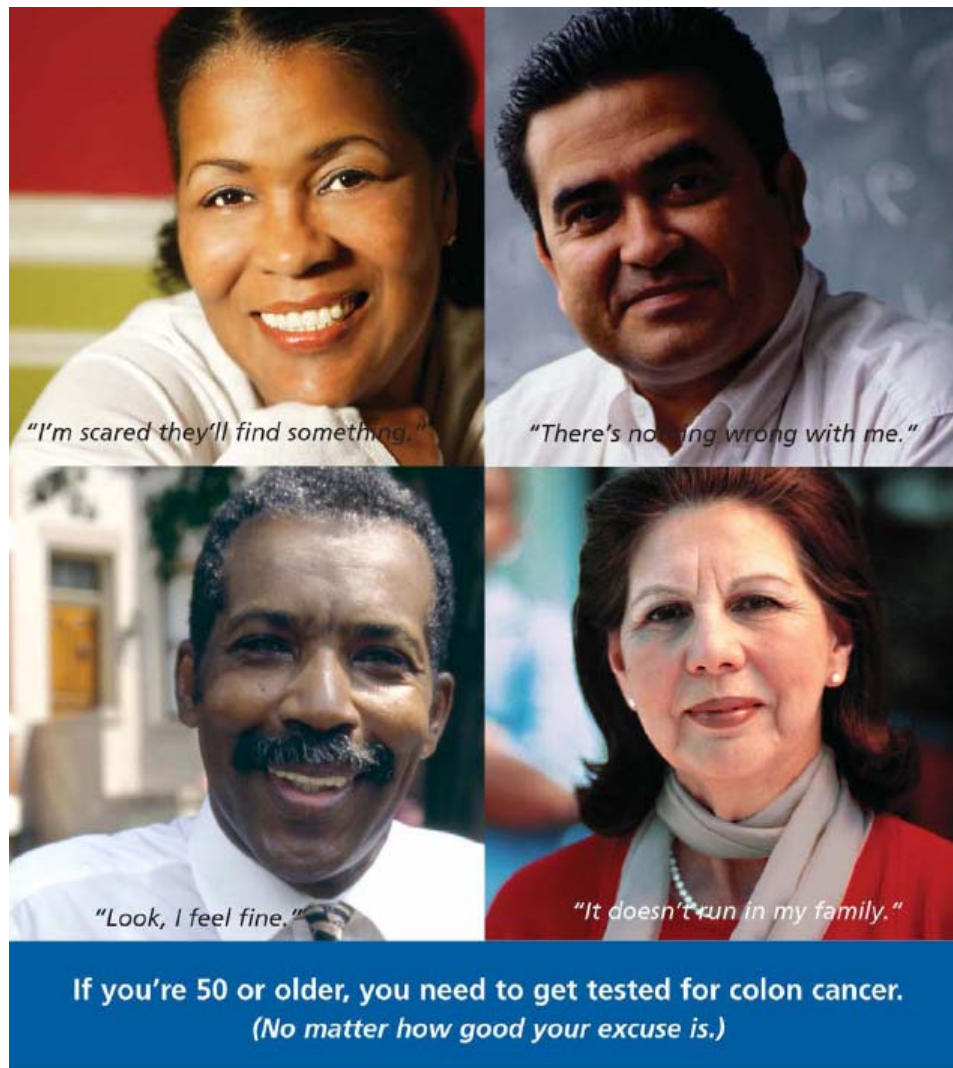
1/4 teaspoon freshly ground black pepper



Place potatoes in a saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until tender. Drain. Return potatoes to pan. Add milk and remaining ingredients; mash to desired consistency.

*Yukon golds make brilliant mashed potatoes, thanks to their balance of waxiness and starch. Because yellow potatoes are more flavorful than others, they don't need a lot of fat to taste rich. Mash them by hand just until creamy — overworking the potatoes will make them gummy.

For more information on activities and recipes visit www.INShape.IN.gov and www.fitcity.info



Free Cancer Screening is available for residents of Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby Counties.

For more information, please call 317-347-6670.

Anthem 



Hope. Progress. Answers. 800.ACS.2345 www.cancer.org

